

MENU WEEK 3



PARSONS GREEN PREP

20-01-25/24-01-25 * 10-02-25/14-02-25 * 10-03-25/14-03-25 * 31-03-25/02-04-25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cheese sticks Sliced pears	Corn cake Melon wedges	Mini tomato pizzas Apple wedges	Carrots sticks & Hummus Pineapple portions	Cinnamon Banana bread Orange wedges
DAILY SOUP FRESHLY BAKED BREAD	Leek & potato soup	White bean & kale soup	Sweet potato & red pepper soup	Curry cauliflower soup	Roasted butternut soup
VEGETARIAN OPTION	Vegetable paella	Mushroom, lentil & vegetable pie	Crispy tofu & vegetable noodles	White bean & vegetable casserole with dumplings	Plant base fish fingers
MAIN	Chicken & vegetable paella	Beef & vegetable pie With a rich gravy	Sweet & sour chicken noodles	Beef and vegetable stew Or Chicken and vegetable stew With herb dumplings	Cod fish fingers Lemon wedges & tartare sauce
ON THE SIDE	Green beans Seasoned fresh cut wedges Roasted cauliflower	Mashed potato Steamed carrots Savoy cabbage	Egg noodles Stir fry vegetables Steamed kale	Steamed new potatoes Roasted carrots Courgettes	Chunky oven chips, Garden peas Baked beans FRIDAY TREAT Apple crumble & custard

SELECTION OF FRESH CUT FRUIT, YOGHURT, JELLY'S & DAILY SMOOTHIE PLUS A DAILY SALAD BAR

